

Eating Healthy with Fresh Fruits and Vegetables Tri-County Elementary School

PROBLEM OVERVIEW

Tri-County Elementary School is on a mission to eat more fruits and vegetables. Childhood obesity is an issue with our students. Greater exposure of fruits and vegetables will lead to lifelong healthy eating habits. Nutrition education is also an important part of our program. Our current free and reduced lunch rate in our school is at 60 percent. Serving extra fruits and vegetables to elementary students at school will be beneficial to all.

PROGRAM/ACTIVITY DESCRIPTION

The Tri-County Food Service Department applied for and received the Fresh Fruit and Vegetable



Program grant through the Department of Public Instruction. Partnering with elementary teachers, parent volunteers, and the principal, the food service department prepares and distributes fresh fruits and vegetables to all elementary students daily. The produce is offered along with a milk break either in the morning or afternoon. A special effort is made to offer a wide variety of fruits and vegetables in order to expose as many different items to the students as possible. Nutrition and product facts are also distributed and discussed with each class by their teacher. Working with our county extension office, nutrition classes are held at each grade level in conjunction with the Fresh Fruit and Vegetable Program. Surveys were filled out

by students and teachers at the beginning of the program and another survey will take place at the end of the year.

PROGRAM/ACTIVITY OUTCOMES

This healthy snack has been used to replace snacks provided by parents that were often not healthy choices. Teachers, students, and parents have been educated in healthy snack options for the entire family. Lists have been sent home to encourage parents to send healthy snacks when the opportunity arises. Teachers have been using our program to enhance their nutrition lessons in the classroom and have been provided fruits and vegetables to use for this purpose. Students are excited and look forward to seeing and tasting what is offered every day.



CONTACTS

Marie Reid
Food Service Manager
Tri-County Area School District
715-335-6366 ext. 5235
reidmar@tricounty.k12.wi.us

Shawn Jepson
Elementary Principal
Tri-County Area School District
715-335-6366 ext. 29
jepsosha@tricounty.k12.wi.us

